

POST SHORTS

Recycling schedule

The recycling pickup for Wednesday, Nov. 15, is paper, glass and metal. Put items in paper bags, boxes or bundles and place them on the curb.

Refuse Removal

Normal trash pickups will be made in Patriot Village in the Aberdeen Area and in Grant Court in the Edgewood Area on Friday, Nov. 10, even though it is a federal holiday.

The following schedule will be used during the holiday period:

Nov. 22: This is a regular weekly recycling pickup day. In addition, trash normally picked up on Thursday (Thanksgiving Day) will be picked up on Wednesday. There will be no trash removal on Thanksgiving Day.

Nov. 24: Regular trash pickup will resume on Friday.

Krispy Kreme arrives at APG



Krispy Kreme Doughnuts will be available at the Edgewood and Aberdeen Shoppettes beginning Nov. 9. Their first order will be delivered early Thursday morning. They will be available to all military, civilian personnel and their families. Special orders must be placed 24 hours in advance by calling the Aberdeen Shoppette at 410-272-1681 and the Edgewood Shoppette at 410-671-6097.

Small Business Administration Awards nomination deadline is extended

The nomination deadline for the U.S. Small Business Administration's Maryland Small Business Awards Program for 2001 has been extended to Friday, Nov. 17. Nomination packages will be accepted Monday, Nov. 13 through Friday, Nov. 17. All packages should be sent to the Awards Committee, Baltimore District Office, U.S. Small Business Administration, 10 South Howard St., Suite 6220, Baltimore, MD 21201.

Nominees are being sought for Maryland Small Business Person of the Year, SBA's Advocate and Special Awards

See **SHORTS**, page 2

Soldier Show 2000 wows APG community



Photo by LA'MONT HARBISON

Spc. Fred Bounds and 1st Lt. Wendi Brown dance to a sassy swing number during the U.S. Army Soldier Show held Nov. 3-5 in the Post Theater. A packed theater greeted the soldier-performers during the annual visit that has become an anticipated tradition on APG.

By Yvonne Johnson
APG News

During its annual stop at Aberdeen Proving Ground, the U.S. Army Soldier Show 2000 delighted the hundreds of fans that filled the Post Theater for the Nov. 3 performance.

Soldiers from the U.S. Army Ordnance Center and School's 16th and 143rd Ordnance battalions took in Saturday and Sunday performances.

The show left APG headed to Fort Drum, N.Y., for Nov. 7-8 performances. From there, it moves to Fort Belvoir, Va., Nov. 10 and it concludes in Washington, with a Nov. 13 finale.

Since May the soldiers have performed at Army posts throughout the United States, and in Germany, Turkey, Belgium, Bosnia and Italy.

The show began softly with the song "Seize the Day" as singers holding candles lined the aisles.

The pace picked up when they moved to the stage, starting with a

Pause to remember

Pause at 11 a.m. on Saturday to remember those who have served this country in the uniforms of the armed forces.

It is done specifically on this day because 80 years ago, what was called the "war to end all wars," specifically, World War I ended on the 11th hour of the 11th day of the 11th month.

A year later, President Woodrow Wilson declared Nov. 11 Armistice Day. It became a federal holiday in 1938.

In 1954, Congress changed the name of the observance to

Veterans Day in order to honor veterans of World War II and the Korean War as well.

Veterans today sometimes feel forgotten. Not enough people talk of duty, honor and country any more, but without those who believed, and still believe in duty, honor and country, there would be no freedom that Americans take for granted.

On Veterans Day this year, take a few minutes to reflect on those who worked and fought for this country, as well as those serving in uniform now.

series of popular rhythm and blues and Latin tunes then moving to a popular 70s medley that was well-received by the audience.

The performance had something for everyone. From rhythmic pop tunes and bouncy island songs to classic Motown ballads or swinging Country and Western,

the audience seemed to love every minute of it.

Children danced in the aisles, cadets from the Freestate ChalleNGe Academy roared their approval, and just about everyone joined in singing and clapping to their favorite songs.

See **SHOW**, page 8

Music, dance highlight Native American Heritage observance

By Yvonne Johnson
APG News

"Native American Heritage Month is a time of reflection, recognition and honoring. Most important, it is a time for learning and changing with our renewed understanding of the past, for the good of all."

On that note from Native American Employment program manager, Carol Baker, the 6th annual Native American Heritage Month Luncheon commenced at Top of the Bay on Nov. 1.

Nearly 300 people attended the observance that was led by Baker and Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Soldier and Biological Chemical Command.

"Diversity is one of our nation's greatest strengths," Doesburg told the audience. "Of all the cultures and civilizations that exist today, perhaps the most misunderstood are Native Americans."

Hailing the civilization as one that existed in harmony with its environment for more than 12,000 years, Doesburg added, "today's program echoes the theme of Native American culture."

"We can learn much from our Native American brothers and sisters," Doesburg said.

Sgt. 1st Class Mitchelen Bigman, the equal opportunity advisor for the Noncommissioned Officer Academy, was the host performer. Wearing a buckskin shingle dress strung with silver cones, Bigman performed two traditional dances.

David White Buffalo, a full-blooded Lakota Indian and lead singer for the Spring Creek Singers, was the guest speaker.

White Buffalo spoke about his childhood and how keeping native tradition alive through song and dance has dominated his life.

"Drums are the heartbeat of Mother Earth," White Buffalo told the audience. "Through music we promote a better understanding of native culture."

He closed with a song, then performed two intertribal dances, the Crow Hop and the Stomp Dance. Members of the audience joined White Buffalo and Bigman on the floor for the community Round Dance.

Native American drummers, Dave Kehs from the Spring Creek

See **NATIVE**, page 15



Photo by YVONNE JOHNSON

Sandy Harris, right, from the U.S. Army Environmental Center, and Sgt. 1st Class Ryan A. Sanchez, from the Noncommissioned Officers Academy, join Mitchelen Bigman, David White Buffalo in a community Round Dance.

APG wife in need of kidney transplant



Photo by YVONNE JOHNSON

Pokhui Lewis (right) is comforted by her husband, U.S. Army Technical Escort Unit Command Sgt. Maj. Billy Lewis, Jr., as she undergoes kidney dialysis at Harford Memorial Hospital. A longtime sufferer of chronic kidney disease, Lewis' kidneys are failing her and her name has been placed on the national kidney transplant waiting list.

By Yvonne Johnson
APG News

Command Sgt. Maj. Billy Lewis Jr. of the U.S. Army Technical Escort Unit has given more than 20 years of his life to the Army he loves. Now he's hoping it will give something back.

Lewis' wife, Pokhui, is suffering from a disorder in both kidneys and her name has been placed on the national kidney transplant waiting list. Without a transplant, she faces years of dialysis, which will eventually wear down her body.

"Most people think dialysis can keep you going forever, but it's a procedure that leaves you susceptible to a number of other ailments," Lewis said from his wife's hospital room at Harford Memorial Hospital in Havre de Grace.

He added that she also is suffering from a bout with depression that has accelerated her condition. Pokhui said the frustration and hopelessness of her situation brought on the depression.

"Doctors denied my sister as a donor because of incompatibility," she said. "Then my husband was found to be a good match but he was denied because of his hypertension."

The two missed opportunities coupled with the prospect of waiting four to five years for a suitable donor while undergoing dialysis

treatments seemed too much to bear, she added.

"I was in pain all the time and cried myself to sleep every night," Pokhui said, adding, "the vision of continuing this way indefinitely looks bleak."

With her taking a sudden turn for the worse, Lewis was hospitalized to undergo the three-hour supervised treatments hooked up to a dialysis machine in her hospital room.

Her physician, Dr. Andrew Nowakowski, said upon her discharge, Pokhui would have to continue dialysis three times a week, indefinitely.

Noting that his wife's blood type is O-positive (O+), Lewis said it is their hope that a healthy person willing to donate a kidney will come forward.

"We realize that's asking a lot," Lewis said. "We're praying that potential organ donors know to make their families aware of their wishes."

"Family members who are unaware of a potential donors' wishes can deny the use of that person's organs upon their death," added registered nurse Chuck Watters, as he monitored Lewis' dialysis.

"We can't stress enough how important it is for people to tell others about their willingness to donate."

See **TRANSPLANT**, page 15

APG
Pollution
PREVENTION

Tip of the Week

Make "green" choices while shopping. When available, buy products made from or packaged with recycled materials.



For more information on pollution prevention, call Michelle Guitard, APG Pollution Prevention Program, 410-306-2273

POST SHORTS

SHORTS, from front page

categories. Advocate categories include Accountant, Financial Services, Home-Based Business, Small Business Journalist, Minority, Veteran and Women. Special award categories include Small Business Exporter, Young Entrepreneur and Entrepreneurial Success.

Awards will be presented at the 17th Annual Maryland Small Business Awards Breakfast scheduled for Friday, May 11 at Martin’s West in Woodlawn. For more information or to receive a package containing nomination criteria, call Rachel Howard, 410-962-4392, extension 319.

Edgewood Arts and Crafts Center to hold classes

Porcelain Doll class: Abeginning porcelain doll class will begin Dec. 1 and continue Dec. 8 and 15, 9:30 a.m.-12:30 p.m. Students will make the Sugar Britches doll. Class size is limited; pre-registration is required. Cost is \$30 plus supplies.

Ceramics class: Abasic ceramics class will be held Saturday, Nov. 11, from 10 a.m.-1 p.m. This class will teach the basics of mold pouring. Ceramics can be made anytime during our shop operating hours. Class cost \$7 plus supplies.

Framing class: A beginning matting and framing class will be held Nov. 30, 5:30-9:30 p.m. Students must bring an 8-inch by 10-inch picture to frame. Cost is \$15 plus supplies. Students must register in advance as space is limited.

The center is open from Thursday, 1-9 p.m., and Friday and Saturday, 9 a.m.-5 p.m., and is available to active duty military, APG civilians and their dependents. It is located in building E-4440 next to the MP station; signs are posted to direct people to the building. For more information, call 410-436-2153 during operating hours.

Thrift Savings Plan Open Season

Thrift Savings Plan Open Season will be held from Nov.15-Jan. 31. During the open enrollment period employees may elect to enroll in TSP or change their current TSP deduction. Thrift Savings Plan Open Season Update Pamphlets will be distributed to agency administrative offices upon receipt in the Civilian Personnel Advisory Center.

Employees must now contact the Army Benefits Center-Civilian (ABC-C) to make an open season change. Enrollment form TSP-1 can no longer be completed or processed by the CPAC. Employees may call the ABC-C at 1-877-276-9287 or access the website at www.abc.army.mil to enroll in TSP or make a change.

Employees who wish to change the way their TSP account balance is currently invested must request a TSP Interfund Transfer. Interfund transfers can be made up to once a month by calling the ThriftLine at 504-255-8777 or by completing a TSP-30, Interfund Transfer Request, available on the TSP website, wwwtsp.gov. The TSP website includes current TSP information, forms and publications.

Volunteers needed for special emphasis program committees

APG Special Emphasis Employment Program committees are seeking individuals, civilian or military, to fill vacancies on the following committees:

- Native American Employment Program Committee
- Disability Employment Program Committee
- Hispanic Employment Program Committee
- Black Employment Program Committee
- Asian/Pacific American Employment Program Committee
- Federal Women’s Program Committee

Interested personnel may contact David Burbey, garrison special emphasis program manager, at 410-278-1145.

Jewelry offered by EA-OWC

The Edgewood Area Officers’ Wives Club is offering opportunities to contribute to the APG community. EA-OWC member and jewelry designer Laura Pool has crafted and donated a 37.65 carat earring and pendant set of golden citrine and freshwater pearls mounted in 14 karat gold. The earrings are set with a large pear-shaped golden citrine and three dangling freshwater pearls. The pendant features a pearl-enhancer bail and two large unusually-cut golden citrines joined together end-to-end with four freshwater pearls between and three dangling below. The set is valued at \$1,700.

The club is offering opportunities to win the set at \$1 per ticket, or six tickets for \$5. Proceeds will benefit local organizations and charities. The winning ticket will be drawn at the club’s holiday cookie exchange on Dec. 13. Tickets are on sale throughout the APG community or by contacting Amy Steiger at 410-272-1520.

NECPOC announces training courses

Management Decision-Making and Problem Solving will be offered by the U.S. Department of Agriculture Graduate School Feb. 27-28, 8:30 a.m.-4:30 p.m. at Aberdeen Proving Ground. Tuition is \$245.

The course is designed for managers who want to enhance their leadership skills by solving problems more efficiently and making sound decisions. Nominations must be received in the Northeast Civilian Personnel

Operations Center, Human Resources Development Division, by Nov. 30.

Leadership Skills for Non-Supervisors will be offered Apr. 10-11, 8:30 a.m.-4 p.m. at the U.S. Military Academy, West Point, by the U.S. Department of Agriculture Graduate School. Tuition is \$245.

This course is designed for team leaders, office coordinators, special emphasis program managers and all non-supervisory employees who want to enhance their leadership skills. It includes instruction in handling different personality types, the art of giving constructive feedback that minimizes defensiveness, effective delegation, overcoming conflict without making enemies; and building teams that work well together and get results. Nominations must be received in the NECPOC, HRDD, by Jan. 19.

For more information contact Karin Hancock, 410-306-0065 or e-mail her at Karin.Hancock@cpocner.apg.army.mil.

Re-Nu-It centers’ holiday and winter hours

Due to the holiday on Nov. 10, the Re-Nu-It Center in the Aberdeen Area will be closed on Saturday Nov. 11. The Aberdeen Area Re-Nu-It Center will reopen on Monday, Nov. 13 at 8 a.m. The Edgewood Area Re-Nu-It Center will be open on Wednesday, Nov. 8 and Friday, Nov. 10 from 10 a.m.-6:15 p.m. For more information call John Settles at 410-278-8814.

The Re-Nu-It centers in the Aberdeen and Edgewood areas will begin winter hours of operation on Nov. 20. Aberdeen Area hours are Monday, Tuesday and Thursday 8 a.m.-4:30 p.m.; Edgewood Area hours are Wednesday and Friday 8 a.m.-4:30.

For more information call Ellery Blake at 410-306-1108.

Commissary schedule for Veterans Day, Thanksgiving

The Commissary will be open normal hours during Veterans Day week. A special sale will be held Nov. 10-12 - save 25 percent or more on selected items.

To help customers prepare for Thanksgiving, the Commissary will be open on Monday, Nov. 20, 10 a.m.-7 p.m. The Commissary will be closed Thursday, Nov. 23 and Friday, Nov. 24. All other days will have normal shopping hours.

Equipment holiday rentals

Are you having guests over for Thanksgiving weekend? Don’t know where you’re going to have your guests sleep? The Equipment Resource Center at Outdoor Recreation, building 2407 can accommodate your needs. Padded cots rent for \$2.50 a day, sleeping bags for \$2 a day, or twin and queen-sized air mattresses for \$2 and \$3 a day.

Also available for rent are 8-foot folding tables and 5-foot round tables for \$5 a day, chairs for \$.50 a day and an assortment of ice chests and water coolers.

If you are interested in deep frying your turkey “the Southern way,” stop by and rent our large cook pots and propane burners for only \$6 a day.

Thanksgiving holiday hours of operation will be Nov. 22, 10 a.m. - 5 p.m., and closed Nov. 23-26. Equipment will be due back on Nov. 27 for one-day rentals. Contact the Equipment Resource Center at 410-278-4124/5789 to make your reservation.

OC&S changes hours for PT

With the onset of winter and the changing of the clocks for daylight-saving time, the U.S. Army Ordnance Center and Schools has announced that it will conduct its physical training between 5:30 and 6:30 a.m. daily. Signs will be posted to warn motorists and the appropriate roads will be blocked off. Motorists should exercise extreme caution, especially during the early morning hours when visibility is limited. The speed limit for passing soldiers in formation remains 10 miles per hour.

CFC Update

As of Monday, the post Combined Federal Campaign effort reached \$210,000 in contributions. Wayne Doyel, the CFC campaign chair, said donors should get their names into their unit representatives by noon today to be eligible for the drawing for a Dodge Durango. The drawing will be held at the CFC headquarters in building 2001 at 1:30 p.m. Award totals are climbing as well. To date, representatives have handed out 247 Oriole awards, 120 Cardinals, 55 Falcons and 44 Eagles.

TRICARE encourages enrollment in dental plan by Nov. 17

Effective Nov. 18, a new company, United Concordia’s Companies, Inc., will be administering the TRICARE Family Member Dental Plan. In order to verify data bases and other computer security requirements, there will be a “black-out” period from Nov. 18 until Feb. 1 during which time soldiers CANNOT enroll their families in the dental plan.

Active duty soldiers who have not enrolled his/her family members must do so by Nov. 17.

The point of contact for enrollment is the soldier’s Personnel Action Center. The Dental Clinic does have enrollment forms.

For more information contact Kim Sappington, APG Dental Clinic, at 410-278-1795. Clinic hours are Mondays thru Thursdays from 7 a.m.-4:30 p.m. and Fridays 7 a.m-3:30 p.m.

SBCCOM to offer technical evaluation seminar

The U.S. Army Soldier and Biological Chemical Command is offering a seminar, “The Technical Evaluation Process - The Key Part of Government Best Value Procurement,” Dec. 7. Eligible attendees include program managers, contracting officer representatives, technical evaluators, contracting personnel and contractors.

The three parts of the technical evaluation process in the federal government competitive selections will be the topic.

Completion of the seminar will allow federal employees to earn six continuous learning points.

This seminar is sponsored by the Upper Chesapeake Chapter of the National Contract Management Association and is being presented by Salmeri Seminars Inc.

The seminar will be conducted at the Edgewood Area Gunpowder Club in the Heron Room. Registration is between 7:30-8 a.m.; the seminar hours are 8 a.m.- 3 p.m. Cost is \$145 for members of NCMAand \$175 for non-members and includes lunch plus morning and afternoon refreshments.

Non-members who wish to join NCMAat the seminar may do so for an additional \$30. For more information contact Joan Hauser, certified professional contracts manager, at 410-436-3577 or e-mail: joan.hauser@sbccom.apgea.army.mil. Reservations may be made up to close of business Friday, Dec. 1.

Federal employees Health Benefits Open Season

A Federal Employees Health Benefits Open Season will be held Nov. 13 through Dec. 11. Health fairs are scheduled for Nov. 14 at the Edgewood Area Recreation Center, building E4140 from 9 a.m.-1 p.m., and Nov. 15 at the Aberdeen Area Recreation Center, building 3326 from 9 a.m.-1 p.m. Plan representatives will be available to provide new health plan materials and answer questions at these fairs.

Employees will no longer be required to complete SF-2809, Health Benefits Elections Form, to make health benefits changes. Employees will be able to contact the Army Benefits Center-Civilian (ABC-C) at 1-877-276-9287 or www.abc.army.mil on or after Nov. 13 to make open season elections electronically - a faster and easier way to make the necessary changes. For more information call Teri Wright, 410-278-4331 at the APG Civilian Personnel Advisory Center.

Limited NAF employee benefits open season announced

U.S. Army Non-Appropriated Fund Employee Benefits Program has announced a limited open season from Oct. 16 through Nov. 17. Employees will be able to make certain benefit program elections and make changes to programs in which they currently participate. Employees interested in enrolling, changing, declining the pre-tax health premium benefit, or updating their personnel records, should contact their NAF personnel office representative as soon as possible to schedule an appointment to accomplish the desired action. The deadline for the limited open season is Nov. 17.

Department of the Army Benefits Office mailed literature explaining the limited open season directly to the employee home address. If you have not received this information, you may access the following web site: www.nafbenefits.com or contact the NAF Personnel Office for assistance at 410-278-5127/26.

Cub Scout Pack 924 needs assistance

Cub Scout Pack 924 is so short of leadership that it is in danger of dissolving. Staff Sgt. Thomas DiCuirci, of USAF Detachment 1 and point of contact for Pack 924, is looking for volunteers to fill positions on Pack 924’s committee board, including committee chairperson, secretary, treasurer and more. The members of Cub Scout Pack 924 are in desperate need of community support and would appreciate any offers of assistance. For more information on how you can help Cub Scout Pack 924, call DiCuirci at 410-278-3398/9855.

NAF vehicle and equipment sale

The Installation Morale Welfare and Recreation Fund has vehicles and equipment for sale. Items for sale include a 1987 Chevy Caprice V-8 engine, no minimum bid; two scoreboards, minimum bid of \$500 each; and a Frail Perkins Diesel 72-inch cut mower, no minimum bid.

The vehicles and equipment will be sold by sealed bids. The vehicles may be viewed at Supply Branch, building 2314, from 8 a.m.-noon, Monday through Thursday until Nov. 8. All bids must be turned in or mailed to: Support Services Division, building 305, 1st floor west wing, ATTN: Preston E. Hill, by close of business on Nov. 14. Payment may be made by cash, check or credit card and purchaser must remove property within 72 hours after contacted. Point of contact for vehicles and equipment inspection is Preston E. Hill or Mark Burke, 410-278-7217/8931. There will be no refunds. Vehicles and equipment will be sold as is.

APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5005, 410-278-1150. Printed circulation is 13,500.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 324, Second Floor, AMSSB-GIM-P, APG, MD 21005-5005; call the editor at 410-278-1150, DSN 298-1150; fax it to 410-278-2570; or e-mail it to editor@apg.army.mil. Deadline for copy is Thursday at noon for the following Thursday’s paper.

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VETERANS DAY 2000

A message from Secretary of the Army Louis Caldera and Chief of Staff of the Army Gen. Eric K. Shinseki:

Each year, the nation sets aside Nov. 11 as a day to honor the heroism and sacrifice of America’s soldiers, past and present. Veterans Day is the time we recall the courageous legacy of soldiers who fought in our nation’s wars, from the War of Independence to the Persian Gulf. It is also a moment for us to pause and express our appreciation for the fierce dedication of the many soldiers who serve in our ranks today.

In the 225 years since the Army’s establishment, American soldiers have answered the call of duty with honor and dauntless courage. From the snows of Valley Forge to the slopes of Little Round Top, from the forests of Meuse-Argonne, to the beaches of Normandy, from the frozen hills of the Chosun Reservoir to the burning sands of Kuwait, the men and women of the U.S. Army have demonstrated their invincible spirit and their love of freedom and human dignity.

Today, the men and women of the U.S. Army are trusted warriors who save lives, uphold the values that made America great, and defend the principles of democracy. At this very hour, thousands of soldiers are preserving the fragile peace in Korea and helping quell ethnic violence and rebuild civil soci-

ety in the Balkans. They support anti-drug efforts in Latin America, provide humanitarian demining assistance to the nations of Africa, and engage in confidence-building exercises with former Warsaw Pact states of Eastern Europe.

They are carrying on a legacy of valor and service that soldiers before them established through the long years of our nation’s history. Because of the tradition of excellence established by their predecessors before them in the long green line, soldiers today are able to face each challenge, accept every danger, and overcome all obstacles with confidence and unparalleled dedication. They are a shining example of all that is best in America: They are the vessel that embodies our nation’s virtues; they are the strong right arm that shields our freedoms; and they are the mortar that helps bind our nation together in common purpose.

We cherish and honor our veterans and serving soldiers. We remember that they are the American heroes who answered the nation’s call, doing the hard work of preserving the peace and freedom all Americans enjoy, and bringing hope and justice to people throughout the world. Whatever achievements our nation has attained, whatever bounty we have been granted, we owe to the men and women who have stood guard at the front lines of our Republic.

And so on this day of reflection, a grateful nation thanks our veterans — young and old, those yet living and those who fell on foreign battlefields or are buried in the hallowed ground of cemeteries across our land — for all they have done and continue to do for the citizens of our great country.

Army's conservation team partnership wins award for government reinvention

By Brian Norris
USAEC Public Affairs Office

The Vice President's Hammer Award was presented last month to six federal agencies for helping the Army manage cultural and natural resources on its lands.

The Conservation Team partnership program of the U.S. Army Environmental Center saved the federal government an estimated tens of millions of dollars since its establishment in 1994, according to USAEC Conservation Branch Chief Paul Thies.

"Coordinating six different agencies, each with their own area of expertise, is an excellent example of reinventing government so it works better and costs less," said Morley Winograd, director of the National Partnership for Reinventing Government. "The Army now has immediate access to team members from other agencies who are experienced in preserving historical and natural resources."

The Hammer Award, established by Vice President Al Gore in 1996, recognizes federal agencies for their innovative approaches to cutting red tape, saving money and achieving results - making government work better and cost less.

Through the USAEC Conservation Team program, liaisons from the Forest Service, the Natural Resources Conservation Service, the Fish and Wildlife Service, the Bureau of Land Management, the U.S. Geological Survey and the Advisory Council on Historic Preservation work within the center's Conservation Branch.

“USAEC’s direct relationship
with these natural and cultural



USAEC file photo

Forest Service liaisons Helene and Mark Cleveland work with the Aberdeen-based U.S. Army Environmental Center to support the Army's conservation efforts.

resource conservation agencies reduces overhead and helps provide our installations with faster, expert support for their conservation activities," Thies said.

“The integration of liaisons within the Conservation Team helps the Army more effectively and efficiently manage natural and cultural resources. Individual installations and the Defense Department as a whole benefit from the agencies’ resources and expertise.”

Through the liaisons, other agency employees can be assigned to specific tasks on Defense Department installations. Interagency agreements and memorandums of understanding help the conservation team provide a broad range of services with a minimum of red tape.

The program also allows for the delivery of conservation services to the military that otherwise would be unavailable or prohibitively expensive. For exam-

ple, soil surveys of 65 Army training areas would have cost \$29 million had the service relied on its own resources. Experts from NRCS were able to do the same work for less than \$2.9 million.

Additional savings resulted when Forest Service and Fish and Wildlife Service staff reviewed and developed 20 integrated natural resources management plans for installations.

Conservation team liaisons have
See CONSERVATION, page 15

FDA films EA chemical emergency exercise

By Yvonne Johnson
APG News

On Oct. 30, personnel from the U.S. Army Medical Research Institute of Chemical Defense teamed with the Edgewood Area Fire Department to present a realistic chemical exposure emergency in the town of Edgewood.

"The purpose of the exercise is to provide a training film for satellite chemical response courses," said Lt. Col. Roger D. Baxter, commander of MRICD's Chemical Casualty Care Division.

A crew from the Food and Drug Administration filmed the exercise, under the guidance of FDA producer/director Barbara Richards.

“She is a specialist in her field,” Baxter said adding that the FDA has the facilities and the expertise to put on world-class productions for endeavors such as this.

This was not the CCD's first try at film making. Baxter said a previous film shot in April 1999 featured some of the same scenarios.

“We also filmed two weeks ago in a combat scenario with soldiers encountering a mustard agent,” Baxter said.

The CCD mission is to educate military medical personnel in the management of chemical casualties.

“For this exercise we’re using a cyanide exposure scenario,” said Sgt. 1st Class Richard

McCarthy, noncommissioned officer in charge of the CCD.

“Viewers will have to determine whether it is an assassination or terrorist event, the type of agent used and the best course of action to take,” McCarthy said.

The exercise was staged in buildings E6619 and E6621 on Lee Court in the former military housing area off Nuttal Road.

Workers from the Directorate of Public Works were on the scene before filming started, removing plywood from the building's windows and doors.

Edgewood Area firefighters, led by APG fire chief Charlie Jones and EA battalion fire

See FILM, page 15

Learn About Recycling and Win

By Dr. Hazoor Khan, Ph.D.
DSHE

As part of the celebration of America Recycles Day, everyone in the Aberdeen Proving Ground community is invited to pledge to buy recycled, recycle more, or support other recycling efforts.

This pledge can be fulfilled by starting to use the curbside recycling service provided for APG residents, requesting merchants to stock more products made from recycled materials, or taking efforts to limit contamination in materials that you are currently recycling.

All pledges will be entered in a

national drawing for the “American Green Dream House,” a new home to be built with high-quality recycled products and energy-efficient materials on a site of your choice.

Fill out the form below and mail it to Maryland Department of the Environment, WAS/PROP, 2500 Broening Highway, Baltimore, MD 21224. Pledges can be submitted electronically at <http://www.americarecyclesday.org>. Mail-in pledges must be postmarked by Nov. 20.

America Recycles Day will be celebrated this year on Wednesday, Nov. 15 and once

again the theme will be "For Our Children's Future - Buy Recycled Today."


Recycling is a three-step process that goes beyond simply placing materials at the curb or in recycling bins. It is the first step in the process that turns recyclable materials into a raw product or commodity. The second step is using those materials to create new products. The final step, and the focus of this year's theme, is purchasing products made with recycled materials. These materials go from scrap that is placed along the curb at APG to a marketable product. By learning how and by

pledging to improve your personal recycling habits, you could win a brand new dream house.

Harford Sanitation Services is contracted by APG to collect residential recycling materials. The APG residential recycling program has two components of paper

See RECYCLE, page 16

Get rid of it.



Call the Classifieds
410.838.4400

THE AEGIS
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Sports & Fitness

It's "oh say can you C" for flag football, soccer finals

By Yvonne Johnson
APG News

The Cs have it! You'd probably have to dig deep into APG News archives to find the last time the installation's three Company Cs wound up playing for the post championship in two different sports on the same day. This may be the first.

Company C, 143rd Ordnance Battalion sent its flag football and soccer team to the championship versus Company C, 16th Ordnance Battalion in soccer and Headquarters and Headquarters Company, 16th in flag football.

The soccer playoffs started Oct. 30 while flag football's play-offs began Nov. 4. Both concluded with championship games played Monday night. Coverage of the games will appear in next week's APG News.

In football's final Sunday matchup, Company C, 143rd defeated HHC, 143rd, 12-6.

HHC 16th had already clinched the winner's bracket by cruising through the playoffs undefeated with wins over Company A, 16th, 19-14, Company C, 143rd, 19-0, and HHC 143rd, 12-0.

In the Sunday game, HHC 143rd struck first with a 5-yard

pass from quarterback Allen Forman to Corey Adams.

Company C's Darnell Rosette received the kickoff and returned it to the 30-yard line.

Two plays later, quarterback Michael Bennett's pass to Rafial Harris got them inside the 10 but Bennett twisted his ankle and sat out the next few plays.

The team scored just before the half on a pass that can only be described as a prayer. Bennett threw into the middle of a group of defenders. The ball disappeared for an instant then Rosette sprinted out of the group with the ball tucked safely in his arms.

The bench went wild.

Company C scored one more touchdown and shut HHC out the rest of the way to secure the win.

Bennett told his team they already are champions because of the obstacles they overcame to get to the playoffs.

"True champions come all the way up through the losers bracket," Bennett said. "Under pressure is where we come through."

He added that the game plan he shared with the team was simple.

"All defense had to do was hold them and give our offense a chance," Bennett said.

Rafial Harris, the fleet-footed

running back who also subs as quarterback, said he was thinking about his teammates as he was racking up yard after yard on the dusty field.

"I was thinking about not let-

ting my friends down," Harris said adding that they couldn't wait to play in their first championship.

"Our chances are good if we stick to what we know," he added. "We've got nothing to lose."



Photos by YVONNE JOHNSON

Company C, 143rd Ordnance Battalion football players pose on Shine Sports Field after clinching a 24-12 win over Headquarters and Headquarters Company 143rd to advance to the Post Championship. From left front row, Mark Lang and Anthony Hopkins. Second row, Benjamin Willis, Kenneth Logan, Michael Bennett, Darnell Rosette, Timothy Nelson, and Mike Brown. Third row, Allen Dickie, Chad Zettler, Diamond Burnett, Rafial Harris, Todd Roberts and Terry Riley. Last row, Johnny Griffin.

Government purchase card users—"When in doubt, ask"

By Diane Schneider
U.S. Army Robert Morris Acquisition Center

All government purchase card users (regular unrestricted and National Industries for the Blind restrictive) are expected to take the necessary steps to avoid illegal expenditure of government funds. To ensure public funds are spent appropriately, cardholders should always obtain written legal approval from your servicing legal office prior to purchasing the following items:

- any form of entertainment
- bottled water
- clothing
- commander's coins
- commemorative items
- employee convenience items
- flowers and greeting cards
- food/beverages
- gifts and mementos
- light refreshments served at official conferences
- luggage and briefcases
- office decorations and plants
- paper plates/paper cups/nap-

- kins/plastic cutlery
- personal stationary
- printing not through Government Printing Office
- lodging/rental cars/other travel costs
- professional licensure
- professional memberships
- seasonal decorations
- publicity not authorized by law

- refrigerators/microwaves/coffee pots/other similar items
- registration fees with food speakers' fees
- training in the next fiscal year
- working lunches

Whenever a doubt exists concerning the propriety of any proposed purchase, consult with your servicing legal office.

For more information call Diane Schneider, U.S. Army Robert Morris Acquisition Center, alternate agency/organization program coordinator at 410-278-0848, or email your questions to: creditcard@sbc-com.apgea.army.mil.

AROUND THE ARMY

New incentives for junior officers

Army News Service

WASHINGTON (Oct. 27, 2000) — The Army will implement a number of initiatives designed to reduce the loss of lieutenants and captains, officials announced.

The initiatives include the activation of a central web site for officer issues, electronic polling of the junior officer corps, tracking individual personnel tempo on each officer's record, changes in policies affecting separation, short tour guarantees, and the expansion of assignment options.

During the fiscal year that just ended, the loss rate of captains increased 2 percent. This was partially offset by a decrease in the attrition rate for lieutenants by more than 2 percent. Overall, the loss rate for company grade officers in fiscal year 2000 was about 1 percent higher than optimal, officials said.

The new initiatives are the result of work by several task forces established over the past year to assess factors causing junior officers to leave the Army at higher than expected rates. The task forces identified job satisfaction, personal and family time, overall well being, spouse satisfaction and pay as important considerations for junior officers making career decisions to stay on active duty or to leave the Army.

Some of the new initiatives are designed to provide junior officers direct access to policy makers, as well as a means of influencing and establishing predictability in their own career.

A recent Army directive provides greater opportunity for captains to

get the assignment they want following completion of the advanced military schooling known as the Career Course, which officers attend in their fourth year of service.

Another recent directive allows junior officers to obtain a master's degree while at the Career Course and provides more flexibility in continuing education options.

Several institutional factors have contributed to a shortfall of company-grade officers, officials said. During the drawdown period the Army brought fewer lieutenants onto active duty. Any losses within a smaller group have had a more pronounced impact, officials said. As the Army accessed fewer officers, there was also an increase in the number of captains authorized in units.

This exacerbated the shortfall of officers at the captain grade. In the last few years, the Army has looked closely at these increases and began to balance the accession requirements. In addition, the Army last year lowered the promotion time to captain by six months to further balance the requirements.

Army Deputy Chief of Staff for Personnel Lt. Gen. Timothy J. Maude said, "The senior Army leadership is very much aware of this situation. The initiatives announced today and others taken in recent months are designed to encourage more junior officers to stay in uniform. As the Army continues its transformation as a fighting force for the 21st century, we are also transforming the way we manage our soldiers. I am confident these policies will have a positive impact."

Where is the money?



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Training site for ordnance officers relocates

By Capt. Rob Familetti
USAOC&S

In the early hours of Oct. 4, a long existing fixture of the Ordnance Officer Basic and Advanced Courses went through a metamorphosis. The Direct Support Fully Integrated Exercise, which had long been housed in building 3513, a WWII-era facility, was moved in its entirety to a newer facility located in the recently vacated building 5265.

This exercise is the culmination of the maintenance portion of instruction ordnance officers receive at Aberdeen Proving Ground.

The exercise provides practical hands-on training to compliment classroom instruction provided by the U.S. Army Ordnance Center and Schools' Command and Staff Department.

This endeavor was no small task, and weeks of prior planning between the installation and the USAOC&S were involved, ensuring a smooth transition. Preparation for the move involved not only the moving of equipment, but also work involving the structure itself.

Walls were removed, supports were constructed to hold the old structure intact, material-handling equipment was brought in to move

terrain boards and shop van simulators. Slowly but surely all of this equipment traveled to its new home. The skill of all personnel involved resulted in flawless execution, and future students are sure to benefit from the new facility.

The Ordnance Center and Schools extend special thanks to all those involved in this move especially: Bill Reedy, Gene Caudill, Gil Lookingland, Dennis Hamilton, Jimmy Clark, Joe Michalski, Darell Nunez, Charlie Pitcock, Tony Waldrop, Harold Blume, Scott Banthem, Tony Vincenti, Tim Bitner and John Sharpley.

Deployed soldiers may be entitled to extra pay

By Joe Burlas
Army News Service

WASHINGTON (Oct. 31, 2000) — An Army punch clock began ticking Oct. 1 that tracks the number of days a soldier spends deployed and will signal when that soldier may be due for some extra pay.

The Fiscal Year 2000 National Defense Authorization Act required all services to start tracking individual deployments with the start of FY2001. The FY 2001 National Defense Authorization Act, signed into law by President Bill Clinton Oct. 30, clarified the deployment definition and the management approval authorities, and authorized payment of a \$100

per diem to each service member deployed more than 401 days within a rolling 730 day window.

“The intent of the Personnel Tempo policy is to force commanders at all levels to better manage soldiers’ time away from home,” said Capt. Danita Dempsey, Personnel Tempo staff officer for the Office of the Deputy Chief of Staff for Personnel.

The congressional definition of a deployed day is “Any day which, pursuant to orders, the member is performing service in a training exercise or operation at a location or under circumstances that make it impossible or infeasible for the member to spend off-duty time in the housing in which

the member resides when on garrison duty at the member’s permanent duty station....”

“That’s a broad definition,” Dempsey said. “What we had to do in the (Department of Defense) PERSTEMPO working group was to determine how to put our arms around it — decide what counts and what doesn’t across the services.”

The working group determined overnight time spent in support operations, exercises, on- and off-post unit training and mission-support temporary duty count as deployed days.

What does not count on the deployment clock is disciplinary confinement, absent without

leave, schools, hospitalization and leave in conjunction with a deployment event.

The group decided that a day away (deployed) starts on one day and ends on another and could be less than 24 hours. The return day does not count as a day away.

The deployment tracking and per diem pay requirements apply to both the active and reserve components.

Time deployed prior to Oct. 1 does not count on the PERSTEMPO pay clock.

Do you get around detours?



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KIRK CORNER

Upcoming classes at Kirk Army Health Clinic

Diabetes Education classes will be held Jan. 9, 16, 23 and 30 from 6-9 p.m. Topics of discussion include nutrition and exercise, blood glucose monitoring, latest trends, and medications. This is an opportunity to share your ideas, network with others and develop coping skills. A Certified Diabetic Educator and Registered Dietician will teach the classes.

Tobacco Cessation classes will be held Dec. 7, 14, 21, and 28 from noon to 1 p.m. Advance reg-

istration is required because class size is limited. Classes will be held monthly.

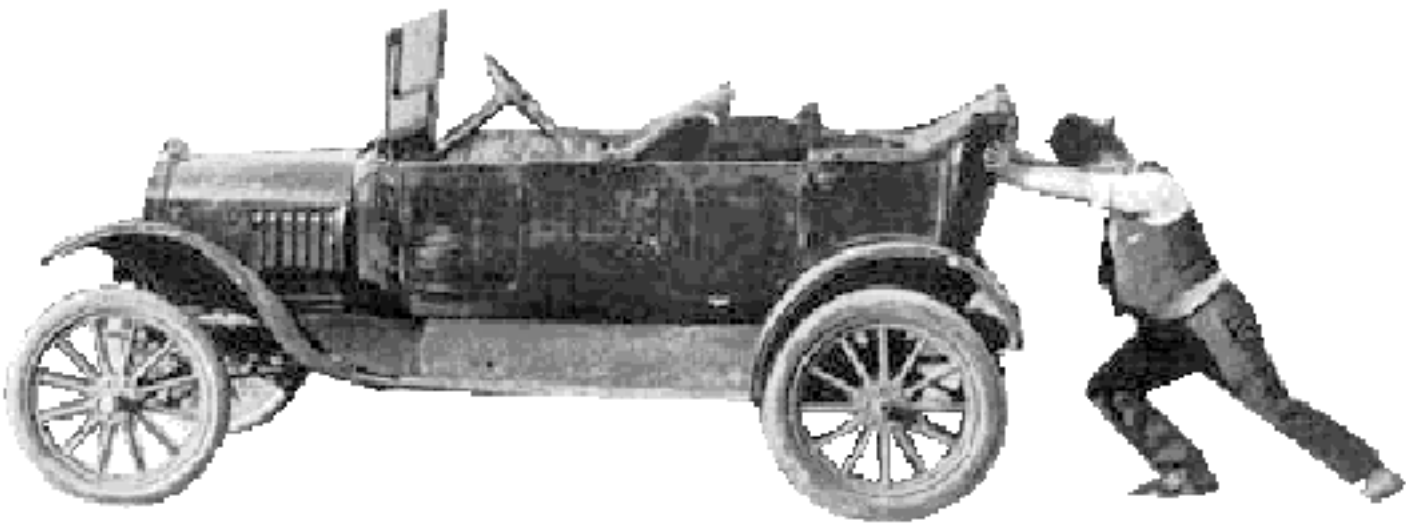
Healthy Eating classes will be conducted Nov. 28 and Dec. 14 from 6:30-9:30 p.m. A registered dietician will instruct the class. The food pyramid, food proportions, and diet and exercise as related to weight loss will be instructed.

Asthma Education classes for asthma patients and parents/sponsors of asthma patients will be held Nov. 14, 6:30-9:30 p.m.

Class will include an overview of asthma, triggers that may cause attacks or symptoms, preventing attacks, use of peak flow meter and MDI/spacer and developing a personal asthma action plan.

All TRICARE beneficiaries are eligible to attend these classes. They will be held in the KUSAHC Preventive Medicine conference room (A-12).

For more information or to schedule classes, please call Preventive Medicine at 410-278-1964.



Want to get rid of it?

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Give the “gift of life” for the holiday season

By Daria Lynne Avila
American Red Cross

The holidays are considered a time for giving. Consider giving blood, “The Gift of Life,” during this holiday season. The American Red Cross is committed to providing approximately 1,300 units of blood per day to 87 local hospitals.

Sixty percent of the American population is eligible to give blood but only 5 percent actually do. And this is despite the fact that 95 percent of us will need blood or a blood product by the time we reach age 72.

The holiday season is an especially critical time for blood collection. Many businesses, community groups and churches that frequently hold drives are unable to

squeeze a drive into this busy season. The patients in the hospitals the Red Cross serves cannot wait for a “more convenient, less hectic” time to schedule their emergency surgeries, to have their trauma injuries mended or to receive their chemotherapy.

Through Aberdeen Proving Ground’s support of the American Red Cross blood drives, last year, approximately 4,500 units were collected. Every donation helps three to four patients.

If you have any questions about whether you are eligible to give blood, call 1-800-GIVE-LIFE and speak to one of the nursing professionals on duty, or

contact Daria Lynne Avila, American Red Cross and Blood Services representative at 1-800-728-5411.



American
Red Cross

Who can be a donor?

Acceptable donors:

- Must weigh 110 pounds or more and be at least 17 years old.
- May have received the flu vaccine.
- May have mild or vague cold symptoms.
- May have chronic health conditions such as high blood pressure, asthma, and diabetes that are controlled with or without medication. (Blood pressure must meet Red Cross criteria at the time of donation and asthmatics must be symptom free on the day of donation.)
- May be taking antibiotics for prevention of chronic conditions such as acne.
- Skin conditions such as psoriasis, eczema, poison ivy, and rashes are acceptable as long as the antecubital area (front side of the elbow) is clear and the medication for the condition is acceptable.

Temporarily unacceptable:

- Taking antibiotics for illness or infection must be completed two days prior to donation.
- Donors with flu symptoms, vomiting, or diarrhea should be symptom free for 24 hours before donating.
- After receiving a tattoo you must wait 12 months to donate under any circumstance.
- Donors who are pregnant or suspect pregnancy are ineligible and must wait six weeks after delivery.
- After receiving a blood transfusion, organ, or tissue transplant from a donor, you must wait 12 months before donating. (Receiving an autologous transfusion (your own blood or tissue) has no deferral period.)
- After receiving the hepatitis B vaccine you must wait seven days before donating. If the vaccine is given following exposure to hepatitis, you must wait 12 months to donate.

Upcoming blood drives at APG

Date	Sponsor	Time	Contact/Telephone
Nov. 14	Edgewood Chapel	7:30 a.m. - 12:30 p.m.	Larry Kaye/410-278-2087
Nov. 20	Army Research Lab	9 a.m. -1 p.m.	Staff Sgt. Lange/410-278-5843
Nov. 21	143rd Battalion	4-8 p.m.	Capt. Metz/410-436-3301
Nov. 21	16th Ordnance	5-9 p.m.	Command Sgt. Maj. Posadas/410-278-8595
Dec. 11	Aberdeen Test Ctr	10:30 a.m.-2:30 p.m.	Ginger Loeschner/410-278-2661
Dec. 12	Aberdeen Rec Ctr	7:30 a.m.-12:30 p.m.	Larry Kaye/410-278-2087
Dec. 12	143rd Battalion	4-8 p.m.	Capt. Metz/410-436-3301
Dec. 14	Marine Corps Detach	5:30 -9:30 p.m.	Cpl. Barkheimer/410-278-9184
Jan. 8	16th Ordnance Bn	5-9 p.m.	Command Sgt. Maj. Posadas/410-278-8595
Jan. 9	Edgewood Chapel	7:30 a.m.-12:30 p.m.	Larry Kaye/410-278-2087
Jan. 16	143rd Battalion	4-8 p.m.	Capt. Metz/410-436-3301
Jan. 30	N.C.O.A.	4-8 p.m.	Sgt. 1st Class Godsey/410-278-9130

For more information contact Daria Lynne Avila, account manager, American Red Cross Blood Services at 1-800-728-5411 or 410-939-7084.

- Certain medical procedures, vaccines, and medications have specific deferral periods and must be evaluated by the Red Cross at 1-800-272-2048.

Indefinitely unacceptable:


- If you have ever received chemotherapy.
- If you have had viral hepatitis after the age of 11.
- Anyone spending a cumulative total of six months or more (182 days) in the United Kingdom between 1980 and 1996.
- Anyone injected with bovine (beef) insulin since 1980 that was manufactured in the United Kingdom.

If you have specific health questions and want to know if you would be eligible to donate blood please contact the American Red Cross at 1-800-272-2048 between 8 a.m. and 4:30 p.m. Monday through Friday.

For more information you may contact the American Red Cross at 4700 Mount Hope Drive, Baltimore, Maryland 21215.

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Recruiting begins for 2001 Soldier Show

By Harriet Rice
U.S. Army Community & Family Support Center

As the curtain falls on 2000 U.S. Army Soldier Show, the process of recruiting and selecting the 2001 cast members begins.

Active-duty and reserve component soldiers with a minimum of one year left in service from January 2001 are eligible to apply and must submit their packages by Dec. 31, 2000.

What does it take? First, a VHS performance videotape not more than 10 minutes in length that shows a soldier’s talent to best advantage. Looks, dress, stage presence, music ability, versatility and rhythmic movement are all important.

“Next year’s theme will revolve around stories of soldiers’ lives, so if a soldier has an interesting life story to share, include that somehow on the audition tape,” says the show’s artistic director, Ron Campbell Smith, adding, “Please, no renditions of the national anthem. We get more than 70 tapes to review, so we are happy when soldiers choose a variety of music to perform.”

And there’s usually everything from salsa to opera, which accounts for the variety of music in the show itself, one of the reasons the show appeals to audiences totaling more than 100,000 of all ages and ethnic groups during its six months’ tour of the U.S. and overseas between May and November, officials say.

“With the ever-growing diversity in the Army and in America, we are always glad to have soldiers who can sing in languages other than English,” says Smith.

The show also needs technicians with resumes that show experience in stage management, stage lighting, and audio engineering.

Applicants aren’t judged on talent and experience alone, officials say. They must demonstrate that they are top-notch soldiers with letters of recommendation from someone in their chain of command.

The selection panel that convenes in mid-winter is made up of senior noncommissioned officers, soldier peers (past cast members), professionals from the entertainment industry, Army Entertainment Division staff, and staff of the U.S. Army Community and Family Support Center.

No package is complete without paperwork, and there are the usual forms to fill out as well as commanders’ consent letters. Attachment to USACFSC for duty with the U.S. Army Soldier Show is a six-month tour similar to a deployment. The Soldier Show is operated as a military unit with a commander and first sergeant. Military discipline and protocol are the rule, even though once the curtain is up, the spotlights lit, and the music plays, all cast members perform onstage as equals without regard to rank.

And the onstage part is only the tip of the iceberg. Soldier Show cast members double as the moving crew — setting up and dismantling 15 tons of stage platform, stage trusses, lights, audio consoles, computers, at up to 60 locations.

Add to that long hours, traveling and sometimes sleeping on a 44-passenger bus, rehearsals, scarce privacy, and cast members have what one sergeant major of the Army described as “the toughest duty outside of combat.”

Soldier Show 2000 wows APG community

SHOW, from front page

The younger members of the audience especially favored a medley of songs by the Backstreet Boys and N’Sync.

The soldier-performers gathered on the stage in dress blues for the show’s finale.

1st Sgt. Victor R. Garcia, from the U.S. Army Entertainment Division and Col. Robert J. Spidel, APG garrison and deputy installation commander, exchanged commemorative plaques and thanked each other for presenting and hosting the performance.

“This is the third time I’ve hosted the show and I think everyone would agree this one was the best,” Spidel told Garcia.

In a surprise move, Spidel called a performer, Pfc. Michael Murphy II, to the front of the stage. After telling the audience it was Murphy’s birthday, he called Murphy’s parents to the stage.

It was a touching moment as the Canton, Ohio couple embraced their tearful son.

After leading the audience in singing “Happy Birthday” to Murphy, Spidel then announced that the E-3 was about to be promoted to E-4.

The orders were read and Spidel and Murphy’s father pulled the E-3 stripes off Murphy’s jacket to reveal E-4 patches.

Spidel offered his congratulations saying, “We promote not because of what they’ve done but because we know they have the potential for great things in the future.”

After the show, Murphy, who is assigned to the 2nd Armored Cavalry Regiment at Fort Polk, La., said he was surprised by the gesture.

“I knew my parents were coming but I hadn’t seen them and it just overwhelmed me to see them come up on the stage like that,” Murphy said.

His parents, who drove from Ohio just for the performance, said they have “never been so proud.”

“He’s been singing in the church choir since he was a little boy,” Kathy Murphy said.

Michael Murphy Sr., who is an ordained minister, said they found out about the promotion the night before.

“He’s always made us proud. I look forward to the day when he joins me in the ministry.”

Spc. Murphy said that when his enlistment is over that’s just what he plans to do.



Photo by LA’MONT HARBISON

Outfitted in island garb, the cast performs a bouncy Caribbean tune during the U.S. Army Soldier Show.

Performances at Soldier Show bring audience to their feet



Photo by LA'MONT HARBISON

Pfc. Michael Murphy II, a cast member of the U.S. Army Soldier Show, wipes away tears as his parents Michael and Kathy Murphy console him. Col. Robert J. Spidel, left, called Murphy's parents to the stage to participate in his surprise promotion to specialist.

Photos by LA'MONT HARBISON

(Top left) Spc. Karalea Foreman, Staff Sgt. Sandria Nelson and Spc. Uniece Mitchell tell the audience "You Should Be Dancing" during a medley of 70s songs. (Bottom left) Spc. Stephen Darnall puts on his John Travolta moves as he joins cast members in the song "Staying Alive." (Above) Spcs. Brian Dosch and Anika Diaz serenade each other in a touching duet that got them a standing ovation from an appreciative audience.

The Great American Smoke-out Nov. 16

By Sheila Little
APG News

Next Thursday marks the 13th annual observance of The Great American Smoke-out.

Sponsored by the American Cancer Society, the event challenges smokers to give up their habit for one day. Supporters hope that the experience will positively influence those who wish to cut down or quit, and be the first step in a journey toward improved health.

Started in Massachusetts as a way to raise funds for a college scholarship fund, the idea of an official day to give up cigarettes quickly spread across the country, and now enjoys the annual participation of up to one-third of the nation’s smokers.

If you are a smoker who wants to quit or cut back on the amount you smoke, several support programs are available on the installation and throughout the county. Recent participants said the support offered by smoking cessation classes, along with a personal commitment to quit, are key elements in the lives of successful former smokers.

Dawn Crouse, a U.S. Army Soldier and Biological Chemical Command civilian employee, is a former smoker attending the classes for support and tips on how to remain a non-smoker. Following a 16-year habit, Crouse quit nearly three years ago.

“I was going in for surgery, and the doctor said I had to quit smoking,” Crouse said. “I had my last cigarette in the car on the way to the hospital.”

Quitting ‘cold turkey,’ Crouse said she overcame her less than one pack-a-day habit by chewing gum, mints and lifesavers, but admits that it is still difficult.

“You have to want to quit,” she said.

Retired Staff Sgt. Jim Gillitzer joined the Kirk U. S. Army Health

Clinic’s smoking cessation class recently. The three to three and a half pack-a-day smoker said he has quit smoking for brief periods in the last 25 years, but feels he has a better chance of becoming a permanent non-smoker this time around.

Inspired by three former smokers at his job in Baltimore, Gillitzer said that over the last two months he has changed a number of routines, and leaves his

cigarettes in inconvenient locations, expending an effort to get to them.

“At work, I leave them in the truck,” Gillitzer said.

Gillitzer said cutting down on his habit has already reaped positive results. As a regular runner, he said he feels he’s running faster and with less effort. Down to less than a pack a day, he is hopeful that medication will help him become a permanent non-smoker

well before the new year.

Echoing others, Gillitzer said, “You have to want to quit.”

Those who wish to participate in The Great American Smoke-out can find lots of support throughout the installation.

KUSAHC offers weekly smoking cessation classes that meet on Thursday, noon-1 p.m., in the Preventive Medicine conference room of the clinic, building 2501. For KUSAHC beneficiaries inter-

ested in ‘Kicking Butts with Kirk,’ new classes begin each month. Call the installation’s Community Health Clinic at 410-278-1964 for more information.

SBCCOM, in conjunction with the Harford County Board of Health, is also holding classes in the Edgewood Area in building E4415. Call Derrick Copper, alcohol and drug control officer, 410-436-4810, for more information.

Classes sponsored by the coun-

ty board of health are ongoing and held throughout Harford County. Call Ruth Mariorana, director of health education and planning, 410-638-8498, for class locations and times.

Help is also just a click away. Several web sites, including www.quitnet.org and www.quitsmoking.com, offer support and helpful hints for those contemplating taking the steps toward better health.

The benefits of not smoking

20 minutes after quitting
Blood pressure drops to a level close to that before the last cigarette and temperature of hands and feet increases to normal.

8 hours after quitting
Carbon monoxide level in blood drops to normal.

24 hours after quitting
Chance of heart attack decreases.

2 weeks to 3 months after quitting
Circulation improves and lung function increases up to 30 percent.

1 to 9 months after quitting
Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs and reduce infection.

1 year after quitting
Excess risk of coronary heart disease is half that of a smoker's.

5-15 years after quitting
Stroke risk is reduced to that of a non-smoker's.

10 years after quitting
Lung cancer death rate is about half that of a continuing smoker. The risk of cancer of the mouth, throat, esophagus, bladder, kidneys and pancreas decreases.

15 years after quitting
Risk of coronary heart disease is that of a nonsmoker's.

(Information provided by American Cancer Society.)

Community Notes

FRIDAY NOVEMBER 10 LIONESS BASKET BINGO

The Aberdeen Lioness Club will host a Basket Bingo, 7 p.m., at the Aberdeen Fire Hall. Doors open at 6 p.m.; food, a bake sale and drinks are available. Cost is \$10 per ticket (three cards), and \$5 for additional sets of three cards. For tickets, call Sandy Pierce, 410-273-7184, or Brenda Conjour, 410-273-7332. Proceeds the Aberdeen Lioness Club.

LADIES NIGHT OUT

Top of the Bay will present “Ladies Night Out,” from 10 p.m.-2 a.m. (for ages 21 and over), in the Main Ballroom. Music will be provided by “Out Da Way Entertainment.” Dress to impress; no jeans, boots, bandannas, sweats or sneakers. Tickets in advance cost \$5 for ladies and \$6 for men; \$8 at the door. For more information or to purchase tickets, call Sgt. 1st Class Copeland, 1-888-934-7031.

MARINE CORPS BALL

Please join the Marine Corps Detachment, Aberdeen Proving Ground, Md., as the U.S. Marines celebrate 225 years of winning battles and making Marines. This year's ball will be held at the Hyatt Regency, Inner Harbor on 10 Nov. at 6:30 p.m..There will be a Uniform Pageant showcasing uniforms from 1775 to present, a re-enactment of the flag raising at Iwo Jima, and the traditional birthday ball ceremony. Tickets prices are \$25 for Lance Corporals (E-3) and below, \$30 for noncommissioned officers and above (E-4 to E-9), and \$40 for officers and civilians. Tickets can be purchased at the Marine Corps Detachment, building 4403. Meal choices are prime rib, seared breast of chicken with mustard sauce, or vegetarian. Dietary or sugar free meals are available upon request.

For more information, call Warrant Officer Anthony Andrew at 410-278-2416 or Lance Cpl. Hundley at 410 278-8557.

SATURDAY NOVEMBER 11 VETERANS DAY TRIBUTE

The public is invited to attend a Veterans Day Ceremony at 11 a.m., at Aberdeen Memorial Park to pay tribute to those who made the supreme sacrifice. The ceremony is sponsored by Catholic War Veterans 1841, American Legion Post 128 and Aberdeen Memorial Post 10028. Following the ceremony, a luncheon will be held at Aberdeen Memorial VFW Post 10028, 821 Old Philadelphia Road. In case of rain, the ceremony will be held at VFW Post Home.

For more information, call 410-272-1218.

SUNDAY NOVEMBER 12 WAC VETERANS DAY BUFFET

The Women's Army Corps Veterans Association, Maryland Free State Chapter 70, will host a Veterans Day Buffet Dinner, 2 p.m., at the Colonel's Choice Restaurant, Aberdeen. Guest speaker will be Dr. William F. Atwater, director, U.S. Army Ordnance Museum. All veterans, military personnel and the public are invited. Cost of the dinner is \$20. Make checks payable to: WACVA, Maryland Free State Chapter 70, and mail to: Wanda Story, P.O. Box 423, Aberdeen, MD 21001. For more information, call Wanda Story, 410-272-5040. RSVP NLT Nov. 9 for reservations and refunds.

WEDNESDAY NOVEMBER 15 BEEF AND BURGUNDY DINNER

The Top of the Bay will serve a Beef and Burgundy Dinner on Wednesday, 6-8 p.m., Nov. 15. The cost of the dinner for adults is \$13.95; \$5 for children 6-11; and children under 6 are free. Three

entrees will be served, with round of beef as the primary meal. Price includes dessert and soda/milk for kids. Make your reservations now, by calling the Top of the Bay at 410-278-3062/2552.

THURSDAY NOVEMBER 16 CELEBRATE THE GREAT AMERICAN SMOKEOUT!!

Kirk U.S. Army Health Clinic will have a booth at the Aberdeen PX from 9 a.m.-4 p.m. Kick butts with Kirk. Find out how you or your loved ones can kick the habit!!!! Information will also be provided on how to enroll in local tobacco cessation classes.

VETERANS JOB FAIR

The Maryland Job Service, located at 2 South Bond Street, Bel Air, Md., will hold a Job and Information Fair for veterans from 4-7 p.m. For more information, call Al Jacobs, 410-836-4641, or Darrell Young, 410-836-4630 or Frank Travers Sr., 410-306-2354.

USAOWA MEETING

The Aberdeen/Edgewood Chapter of the U.S. Army Warrant Officer Association will hold their next meeting Nov. 16 at 4:30 p.m. in the AA Recreation Center Ballroom. Information from the recent Annual Meeting of the Members will be shared by Pete Hill, chapter president. Also on the agenda is a Christmas party/meeting/membership drive scheduled for Dec. 12 at 3 p.m. The meetings are open to all active and retired warrant officers and interested personnel. For more information contact Chief Warrant Officers Hill or Jones at 410-278-3170.

FRIDAY November 17 DUCKS UNLIMITED AUCTION AND BULL AND OYSTER ROAST

The Harford County Chapter of Ducks Unlimited will host its 23rd annual Auction and Bull & Oyster Roast at the Richlin Ballroom on Nov. 17 at 7pm.

“We are looking forward to a great crowd at this year's fund raiser,” said committee chairman F. J. Stetson of Baltimore. “Everyone is welcome at the banquet, which will feature auctions and raffles of wildlife and sporting art as well as goods and services donated by area businesses. Proceeds from the event will go to support Ducks Unlimited's wetlands and waterfowl habitat conservation efforts in Maryland, the U.S., Canada, and Mexico.”

Ducks Unlimited was formed to provide for the life cycle needs of North America's migratory waterfowl by protecting, restoring, enhancing, and managing important wetlands and associated uplands. It is the world's largest private sector waterfowl, wetlands, and wildlife conservation organization, with one million supporters and members in the U.S. Since its inception in 1937, Ducks Unlimited has raised more than \$1 billion and conserved over 8 million acres of habitat throughout North America.

Richlin Ballroom is located 1700 Van Bibber Rd. Edgewood, Md., exit 77A from north bound I-95. Doors will open at 7p.m. and auction starts at 8:30 p.m. Tickets are \$40 each and are available in advance(preferred) or at the door. For more information call F.J. Stetson at 410-532-8890 or contact Scott Jasion at 410-557-7855.

SATURDAY NOVEMBER 18 SCOUTS BASKET BINGO

The local Girl Scout Troop #665 will host a Basket Bingo, 7 p.m., at the St. Francis deSales Hall, Abingdon Road, Abingdon, Md. Doors open at 6 p.m.; food, a bake sale and drinks are available. Cost is \$10 per ticket (three cards), and \$5 for additional sets of three cards. For tickets, call Gina Wagoner, 410-838-7608 or 410-671-0008, or Brenda Conjour, 410-273-7332.

ST. JAMES A.M.E. BREAKFAST BUFFET
The St. James African Methodist Episcopal Church School, 617

TIP OF THE MONTH

Advice from the Financial Readiness Program Coordinator

Pay yourself first.

Don't wait to put money in your savings account until after you pay your bills. Why? Because chances are you're not going to have any money left. Write a check for \$25 or whatever you can afford, and put it in your savings account or mutual fund BEFORE you pay your bills.

Also, create wealth without really trying by taking advantage of automatic payroll deductions.

PET OF THE WEEK



Photo by YVONNE JOHNSON

Four little kittens lost their mittens...

These four little darlings are looking for a new mom. The three females and one male are about five weeks old. They and other kittens, cats and dogs are available for adoption at the Post Veterinary Treatment Facility. You do not have to be active-duty military to adopt a pet. For more information, call 410-278-4604.

Green Street, Havre de Grace, will host a breakfast buffet 8:30-11:30 a.m. Talent showcase, readings, and poems will be presented. The cost of the breakfast is \$5 for adults, \$3 for children under 10.

MONDAY November 20 RED CROSS BLOOD DRIVE

The American Red Cross will conduct a blood drive on post at the BRL Hall, building 330, on Nov. 20, 9:00 a.m. - 1:00 p.m.

BRL Hall, building 330, is located at the intersection of Longs Corner Road and Tower Road, and is normally in a secured area. However, for this blood drive BRL Hall, building 330, will be directly accessible from Tower Road without having to go through normal security procedures.

To clear the 56-day limit between donations, you must have given on or before Sept. 26 to donate on Nov. 20.

If you can donate, call or e-mail Staff Sgt. Darla Laing, at 410-278-5843 or dlaing@arl.army.mil for an appointment.

TUESDAY NOVEMBER 21 PARENTS' SEMINAR

Army Community Service will host a Parents' Seminar, from 6-8 p.m., at ACS, building 2754. Dr. Joshua Okundaye will be the guest speaker.

LIBRARY UPDATE

The Garrison Library has new military history books for your reading pleasure. Come by either the Aberdeen Area Library or the Edgewood Area Branch Library and check out some books.

The Advocate by Bill Mesce

The Black Rose by Tananarive Due

Her Infinite Variety by Louis Auchinloss

Iron Shoes by Molly Giles

The Last Good Man by Kathleen Eagle

Hong Kong by Stephen Coonts

The Aberdeen Area library, building 3320 on Aberdeen Boulevard, is open Monday-Wednesday, 11:30 a.m.-7:30 p.m., and Saturday and Sunday, 1-5 p.m. The Edgewood Area library, building E-4405 on Austin Road, is open Wednesday and Thursday, 11:30 a.m.-7:30 p.m., and Sunday, 1-5 p.m.

MOVIES

In observance of Veterans Day
your APG theater presents:

THE THIN RED LINE

Friday, Nov. 10, 7 p.m.

SAVING PRIVATE RYAN

Saturday, Nov. 11, 7 p.m.

Special admission price - \$1.50

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

Ameneh M. Arasten (maternity)	husband)
Fay Walker Banker (hip replacement)	William Klein
Marian Bellis (Fracture of left Tibial)	Sherrie Laury (heart problems)
Barbara Boyd (mother is ill)	Yvonne Lissimore (knee surgery)
Bonnie Bromley (liver transplant)	Stacy Miller (maternity)
Daniel Brown (father has emphysema)	Debi L. Petosky (back surgery)
Tammy Budkey	Lylis Payne
Melanie F. Carns	Cecil Pennington (surgery)
Nancy Coleman-Jones (surgery)	Albert Potter (coma)
Dawn Crouse (surgery)	Barbara Carol Remines (surgery)
Bonnie K. Day (surgery)	Michael Reynolds
Tricia Lin Dietz	Janice M. Rice (assist ill mother)
Fred Dill	Edward Rinaldi
Surinder K. Dillon (son has cancer)	Denise Robinson (maternity)
Joseph R. Dugan	Ricky Ross (heart attack)
Messina Enderlein	Tami C. Rowland (Maternity)
Wayne Erb (wife is ill)	Allan Scarborough (back surgery)
Willa Freisheim	Sherry Schaffer
Penelope K. Galoff (maternity)	Lena Shelton
Norman L. Greear	Motoko Stahl
Stephen Howard (bone marrow transplant)	Rachel Swearingen
Wayne A. Jaynes	Frances L. Thomas
Evelyn K., Johnson (surgery)	Joseph Walker (wife has cancer)
Larry Jonas	Rosalind Walters Kenion (maternity)
Carole Jones	Cecelia Walton (respiration problems)
Marlin Julian (heart surgery)	Willie Williams
Jennifer Keetley (maternity)	Charles Young (kidney and pancreas transplant)
Beverly King (caring for	

For information about donating annual leave, call Dave Mial; 410-278-1524; or fax 410-278-7877.

Thanksgiving Dinner is served

The annual Thanksgiving Day meal is scheduled for Nov. 23 in the dining facilities in buildings 4219, 4503 in Aberdeen Area and building 4225 in the Edgewood Area. Dining hours are 11:30-2:30 p.m.

The standard meal rate of \$5.20 applies to any officer, enlisted member, family member of sergeant or above, retirees and their guest, and Department of Defense civilians. The discount meal rate of \$4.30 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

For more information call the Installation Food Service Office at 410-306-1393/1398.

THANKSGIVING DAY MENU

- TURKEY NOODLE SOUP
- SHRIMP COCKTAIL
- ROAST TURKEY
- BAKED HAM
- STEAMSHIP ROUND OF BEEF WITH AU JUS
- CORN BREAD DRESSING
- SAVORY BREAD DRESSING
- MASHED POTATOES WITH GIBLET GRAVY
- CANDIED YAMS
- CORN
- GREEN PEAS WITH MUSHROOMS
- ASSORTED SALAD BAR
- POTATO SALAD
- MACARONI SALAD
- WALDORF SALAD
- BROWN AND SERVE ROLLS
- PUMPKIN PIES
- PECAN PIES
- FRUIT PIES
- FRESH FRUIT
- HARD CANDY
- MIXED NUTS
- SOFT SERVE ICE CREAM
- ASSORTED BEVERAGES
- EGG NOG

Note: Menu subject to change without prior notification.

APG News

Classified

LEGALS & AUCTIONS

SALES (0-49)	141 Video & Camc	EMPLOYMENT (500-899)	738	8-2-911
1 Subpoena/discovery	142 Wood Stove/Fireplace	900 Educational Services	739	8-2-911
2 Conferences		901 Employment Agency	740	8-2-911
3 Real Estate	FINANCIAL (200-299)	902 Services	741	8-2-911
4 Moving Sale	200 Business Opportunity	903 Real Estate Services	742	8-2-911
5 Want to Buy/Trade	201 Investment/Financial Planning	904 Help Wanted	743	8-2-911
6 Yard Sale/Storage	202 Loans/Mortgages	905 Construction	744	8-2-911
	203 Selling	906 Health Care	745	8-2-911
	204 Financial Services	907 Hi-Tech	746	8-2-911
ANNOUNCEMENTS (50-99)		908 Restaurant	747	8-2-911
50	AUTOMOTIVE (300-399)	909 Retail	748	8-2-911
51 Auction/Meeting Call	300 Antique & Classic	910 Child Care - Needed	749	8-2-911
52 Things To Do	301 Domestic	911 Elderly Care - Needed	750	8-2-911
53 Travel/Tour	302 Imports	912 Home Health Care -	751	8-2-911
54 Personal	303 Trucks & 4-Wheels	913 Needed	752	8-2-911
55 Lost & Found	304 Cars	914 Job Information	753	8-2-911
	305 Commercial Vehicles	915 Lost/Found	754	8-2-911
GENERAL FOR SALE (100-199)	306 Motorcycles/Scooters		755	8-2-911
100 Airplane	309 Snowmobile	BUSINESS SERVICES	756	8-2-911
101 Art Supplies	310 Trains	DIRECTORY (200-299)	757	8-2-911
102 Baby/Girls/Furniture	311 Sub/Truck Parts	200 Accounting/Fin	758	8-2-911
103 Bookstore	312 Sub/Truck Repairs	201 Consulting/Fin	759	8-2-911
104 Books	313 Sub/Insurance	202 Insurance	760	8-2-911
105 Bridal	314 Sub/Lessing	203 Loans	761	8-2-911
106 Building Materials	315 Want to Buy	204 All Purpose Service	762	8-2-911
107 Camping Equipment	316 Sub/Directory	205 Appliances Repair	763	8-2-911
108 Computer/Lib		206 Architecture	764	8-2-911
109 Christmas Trees	REAL ESTATE -	207 Auto Detailing	765	8-2-911
110 Clothing & Accessories	FOR RENT (400-499)	208 Bathrooms	766	8-2-911
111 Outdoors	400 Apartment Rentals	209 Bookbinding/Fin	767	8-2-911
112 Computers/Equipment	100 Room/Rental	210 Bookbinding/Fin	768	8-2-911
113 Electronics/Equipment	102 Condo Rentals	211 Building Contractor	769	8-2-911
114 Exercise Equipment/Health	103 House Rentals	212 Building Materials	770	8-2-911
115 Farm Equipment	104 Room/Share/Share	213 Carpentry	771	8-2-911
116 Firearm	105 Vacation/Weeks	214 Carpet Cleaning	772	8-2-911
117 Furniture	106 Office/Retail	215 Cleaning	773	8-2-911
118 Home	107 Commercial	216 Cleaning/Disinfect	774	8-2-911
119 Home & Office	108 Storage Space	217 Child Care Provided	775	8-2-911
120 Hot & Cold	109 Want to Rent	218 Child Care Provided	776	8-2-911
121 House & Tack		219 Cleaning/Disinfect	777	8-2-911
122 Hot Tubs & Bathtub	REAL ESTATE -	220 Cleaning/Disinfect	778	8-2-911
123 Household Appliances	FOR SALE (450-499)	221 Clock Repair	779	8-2-911
124 Household Goods	450 Home	222 Computer/Internet	780	8-2-911
125 Hunting & Fishing	150 Condo/Co-ops	223 Dishes	781	8-2-911
126 Industrial Equipment	151 Mobile Home	224 Disposal/Upholstery	782	8-2-911
127 Jewelry	152 Mobile Home	225 Electrical Contractor	783	8-2-911
128 Lawn & Garden	153 Lawn & Garden	226 Electrical Contractor	784	8-2-911
129 Lawn & Garden	154 Commercial	227 Electrical Contractor	785	8-2-911
130 Lawn Tools & Pools	155 Investment Property	228 Electrical Contractor	786	8-2-911
131 Machinery/Tools	156 Rental/Vacation	229 Electrical Contractor	787	8-2-911
132 Miscellaneous	157 Seashore/Ocean	230 Electrical Contractor	788	8-2-911
133 Musical Instruments	158 Want to Buy Real Estate	231 Electrical Contractor	789	8-2-911
134 Office Equip./Furniture	159 Open Home	232 Electrical Contractor	790	8-2-911
135 Pools & Supplies	160 Twilight Open Home	233 Electrical Contractor	791	8-2-911
136 Produce		234 Electrical Contractor	792	8-2-911
137 Sporting Goods	AUCTIONS (500-599)	235 Electrical Contractor	793	8-2-911
138 Stoves & CD Players	500 Auctions	236 Electrical Contractor	794	8-2-911
139 Telephones		237 Electrical Contractor	795	8-2-911
140 Tickets		238 Electrical Contractor		

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The Aegis - Friday Edition.....10 a.m.....Thursday

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Music, dance highlight Native American Heritage observance

NATIVE, from front page

Singers and John Smith, a materiel examiner with the Directorate of Logistics, provided music and song for the dances.

At the conclusion, Doesburg presented plaques to Bigman, Buffalo and the Native American Program Committee for “providing us with yet another memorable observance.”

Baker also commended the committee for presenting an enjoyable program that was “well received by the audience,” adding that all the major post committees are in need of more members.

Army couple seeking donor for kidney transplant

TRANSPLANT, from front page

Watters said though dialysis helps, it also weakens the body and can eventually render a patient a poor donor candidate.

“The procedure pulls toxins out of the blood but it also pulls out the good stuff,” Watters said. “It weakens the bones and patients become prone to infec-

tion.”

Though supplements help replace lost nutrients, and many people survive for years on dialysis, it is still considered a temporary fix for a permanent ailment he added.

In addition, the bodies’ electrolytes can get off balance, Watters said.

“When that happens

it can affect the thought process which may help explain her depression.”

The Lewises said they are relying heavily on their faith during this trying time.

They have been married nearly 25 years and have been stationed on APG since April when the command sergeant major assumed his position in TEU.

He said when his spirits are down he looks to his unit motto and he maintains the hope that someone else will do the same.

The motto comes from the book of Isaiah, 6:8. “Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us?” And I said, “Here am I. Send me!””

FDA films EA chemical emergency exercise

FILM, from page 3

chief Wayne Kaufman, came with two fire engines and a fully-equipped Spill Response Unit.

Firefighter Tom Stanford said the unit, a white and blue utility truck, is equipped to immediately outfit eight people to enter a Level A accident. It includes a hazardous materiel kit for on-the-spot analysis of chemical and biological agents, wind direction and sample-gathering equipment and protective masks and garments.

“We’re pretty much ready to go at any time,” Stanford said adding that post firefighters are better trained and prepared to enter hazardous areas than the average civilian organization.

“All post firefighters are HazMat technicians trained in performing these operations,” Stanford said.

1st Lt. David Sartori, a U.S. Army reservist assigned to Walter Reed Army Medical Center’s Drug Assessment Division, said cyanide was chosen because of its name recognition, even though it is not an effective battlefield weapon.

“It is very effective indoors or in enclosed areas because it has almost no odor, although some people are able to detect the odor of bitter almonds.”

“Cyanide causes very rapid death by inhaling or ingesting,” Sartori continued, noting that the solid salt form of cyanide is used in gas chambers during executions.

Richards briefed the firefighters, actors and technicians before every scene was shot. In the scenario, a terrorist is trying to kill someone who lives in the building. He sets a nuisance fire in an abandoned apartment, then activates the cyanide-releasing apparatus in the stairwell.

Tom Story, a CCD training coordinator, played the terrorist. The film opens with Story dragging a canister of cyanide, disguised as a canister of balloon helium, into the apartment house.

Protect yourself against tick-borne diseases

USACHPPM-North

Deer hunting season is here and with it are some inherent risks. One of those risks includes contracting tick-borne diseases.

Ticks found on deer can transmit the following human diseases: lyme, human granulocytic ehrlichiosis, human monocytic ehrlichiosis and babesiosis.

You can protect yourself by doing the following:

Plan ahead and treat clothing with permethrin based repellent commercially available from outdoor suppliers and labeled for this use. The permethrin binds with fabric and persists through multiple washings. Once dry, this repellent has no odor. Store treated clothing in a plastic bag to preserve effectiveness. Do not apply permethrin to skin. Do not use pet tick and flea collars. Such use may result in skin absorption and toxic reactions.

Tuck pants inside boots and shirts inside pants to keep ticks out. Ticks climb up once they latch onto a human. Loose hanging clothing helps ticks get under clothing to attach.

Check yourself thoroughly each day for attached ticks.

Studies show that ticks must generally be attached more than 18 hours to infect someone, and that prompt and proper removal prevents infection.

Remove attached ticks properly. Grasp the tick’s mouth parts against the skin with pointed tweezers and pull back slowly and steadily until the tick releases. Do not squeeze its body or apply any substance including petroleum jelly, nail polish, alcohol, repellent, or a lighted match. Such actions can force infective fluid into the wound site. After removal, wash the wound and apply antiseptic. Save and refrigerate the tick for future reference should you get sick.

Do not hang shot deer near your home without placing a tub of water with a squirt of detergent under the carcass to catch ticks. Ticks on the deer will start dropping off as the carcass cools and continue to drop for several days. Hungry ticks looking for a host could be an immediate threat or fed ticks laying eggs could greatly increase local tick abundance.

Avoid contact of your eyes, nose, mouth, and any broken skin with deer blood. Wear waterproof gloves when field-dressing or

butchering deer, and do not splash blood into your eyes, nose, or mouth, since these are potential routes of infection. The risk from deer blood is not fully understood, and therefore prudent protective measures are advisable.

Do not eat raw or rare meat. Discontinue ritual acts such as eating a bite of raw meat from the first kill. Cooking venison to at least a medium doneness kills germs.

Symptoms for tick-borne diseases are often flu-like, and may include one or more of the following: fever, headache, fatigue, chills, rash, muscle aches, joint pain and swelling, loss of appetite, eye pain, vomiting, decreased concentration, memory loss, sleeplessness, restlessness, partial face paralysis, and delirium. If you know or suspect you may have been bitten by a tick and have any of these symptoms, seek medical attention.

Additional information on ticks and tick-borne diseases is available by contacting local Preventive Medicine Services or the U.S. Army Center for Health Promotion and Preventive Medicine -North at 301-677-6502 extension 250.

making dream catchers, baskets, dolls, etc.

Native American Employment Program Committee members are Carol Baker, chair, SBCCOM; Tom Roller, vice chair, U.S. Army Developmental Test Command; Gerlina Adams, U.S. Army Materiel Acquisition Activity; Shirley Bradley, DTC, Denise Davison, U.S. Army Center For Health Promotion and Preventive Medicine; Mark Gallihue, Directorate of Safety, Health and Environment; Alton McDaniel, SBCCOM; Christopher Thomas, Aberdeen Test Center; Sandra Wachter, DSHE and Karen Walker, U.S. Army Environmental Center.

Army's conservation team wins award for government reinvention

CONSERVATION, from page 3

a record of this kind of achievement. The Forest Service completed planning-level surveys for managing the extensive cultural and natural resources on lands that the Eighth U. S. Army is responsible for in South Korea. Forest Service experts have inventoried forests and led wild land fire training on more than 25 installations.

Natural Resources Conservation Service technicians helped develop a land condition assessment model for the Army’s Integrated Training Area Management program. Range managers now use the model to identify the best ways to sustain training activities on Army lands.

On 23 Army installations, the Fish and Wildlife Service provided wetland inventories, a major step in protecting, restoring and enhancing wetland habitat to benefit breeding, migrating and wintering waterfowl and other wetland species.

Bureau of Land Management liaison staff helped develop policy for joint land use as members of the Interagency Military

Land Use Coordinating Committee, Joint Stewardship Working Group.

USGS documented the wellhead protection requirements and wellhead protection status of Army facilities. This information went into a database that can be browsed for information on a specific well on a specific installation.

The Advisory Council on Historic Preservation liaisons provided technical expertise to the Army during the development of key Army regulations and guidance on cultural resources management.

The USAEC assists in the Army’s efforts to increase readiness, improve the well-being of our soldiers, and enhance community relationships through sound stewardship of the environment. The Center integrates, coordinates and oversees the implementation of the Army’s environmental program for the Army Staff. It also provides technical services and products to the Department of the Army, the Army’s major commands, and installation and unit commanders.

Soldiers complete road march, earn badges

By Yvonne Johnson
APG News

The following soldiers earned the gold German Troop Duty Proficiency Badge:

520th Theater Army Medical Laboratory
Lt. Col. Jeffrey Adamovicz, Capt. Bradley Hummel, Sfc. Jesus Perez, Staff Sgt. Robert Thoms, Staff Sgt. Sam Oak, Sgt. Kevin Stainbrook, Spc. Tony John and Spc. William Bryant

389th Army Band (AMC’s Own)
1st Sgt. Enrique Alcaraz-Lopez and Staff Sgt. Russell

The following soldiers successfully completed the 2000 German-American Day Road March, Oct. 5 in Reston, Va.

U.S. Army Center for Health Promotion and Preventive Medicine
Maj. Tamra Barker, Lt. Cmdr. (P) Kenneth Whitwell, U.S. Navy

Company C, 16th Ordnance Battalion
Staff Sgt. Peter Grasser

HHC 29th Aviation Brigade
Spc. Isabelle Brooks

520th TAML
Maj. Robert Roussel, Sgt. Jonathan Muniz, Pfc. Lorna Libert

Company F, 224th Aviation Brigade, 29th Intelligence Division
Sgt. John George

Noncommissioned Officer Academy
Sfc. Franklin Jordan, Sfc. Stewart Nagel

Company A, 308th Military Intelligence Bn., 902d Military Intelligence Group
1st Lt. Robert Gerald, Spc. Andrew Ball

Directorate of Law Enforcement and Security
Master Sgt. Keith Koob, Staff Sgt. Jeffrey Thomas, Sgt. Jaime Jackson, Spc. Revel Jackson, Spc. David Reilly, Spc. Jennifer Whited, Lt. Erik Stone, Officer Erik Miller



Photo by YVONNE JOHNSON

Lt. Col. Jeff Adamavicz, left, executive officer of the 520th Theater Army Medical Laboratory, accepts a German Troop Duty Proficiency Badge from Brig. Gen. H.G. Atzinger, right, commander of the German Armed Forces Command, U.S. and Canada following the German-American Day Road March, held Oct. 5 in Reston, Va. Looking on is German Army Lt. Col. Ralf Gaza.

